

# Mental Hospitals

**A.P.A. PRESIDENT  
APPOINTS  
NEW CONSULTANT  
IN FIELD OF  
MENTAL DEFICIENCY**

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## CONSTRUCTION

### COMMUNITY HELPS WITH CHILDREN'S UNIT

12-25

"ONE HARDLY KNOWS where the hospital program ends and the community's begins" wrote a reporter in the Peoria Star, in describing the new children's unit now under construction at Peoria (Ill.) State Hospital. Local groups and citizens have contributed so much in the way of services, equipment and money that this new, separate children's treatment center, to accommodate 36 mentally ill boys and girls, is able to have many luxuries not budgeted for by any state funds.

The new unit will give the state its first separate treatment center for children who until now have been housed in state hospitals with adults. It is located on what used to be the dairy farm which was closed last year. The two story brick building which formerly housed patients working on the farm is to be converted as the main building.

It will include a living room, and dining-room-classroom, as well as offices for psychiatrists, psychologists and psychiatric social workers, who are regular staff members of the main hospital. The result will be a unit completely physically separated, but close enough to avoid expensive duplication of staff and diagnostic services by using the professional services of the main institution.

Boys' and girls' dormitories, decorated appropriately, are to have special drawers built under the beds for storing personal belongings.

A full-time teacher will give classroom instruction, flexible and geared to the needs of the children, and a Quonset hut, formerly used to store hay, is being converted into a gymnasium which will operate under the hospital's recreational therapy department.

The Women's Auxiliary of the Peoria Medical Society has donated equipment and furnishings, and a local interior decorator gave her services free. Art students from Bradley University have planned to paint children's murals above the living-room fireplace, and around the stairwell, and a gift of \$500 came from the Division Fund in Chicago, "for some facility which the state cannot provide."

## INSPECTION FUNCTIONS CLARIFIED

*Mental hospitals are not included in the plans of the newly formed Survey Board to be operated jointly by the American Medical Association, the American Hospital Association, the American College of Physicians and the American College of Surgeons.*

*In a telephone conversation with the Medical Director of the American Psychiatric Association on September 28, 1951, Dr. Paul Hawley, Director of the American College of Surgeons, authorized the publication of this Statement in MENTAL HOSPITALS.*

*It is hoped that cooperation may be achieved between this inspection council and the A.P.A. Central Inspection Board with regard to overlapping interests of these two inspecting groups. Both are interested in the medical and surgical units of mental hospitals and of psychiatric units of general hospitals.*

*The American College of Surgeons turned over to the A.P.A. the responsibility for inspection of mental hospitals some months ago. Dr. M. A. Tarumian is Chairman of the C.I.B. and Dr. Ralph Chambers is Chief Inspector.*

A citizen of Peoria has given the unit four horses and saddles, and the former hospital farmer, now a member of the unit treatment team, will teach the children riding and care of the horses. He will also superintend the care of other domestic pets which are to be permitted. A local scoutmaster will organize boy and girl scout troops.

Down the hill from the unit is a lake made to order for fishing and boating. This is to be stocked by the Department of Conservation so that many a sick small boy may learn the therapeutic value of Tom Sawyer's immortal solace.

*Each of the beds in one ward at Cambridge (Ohio) State Hospital is equipped with radio earphones.*

## RECREATION

### BROADCASTING FROM HOSPITAL STUDIO

19-40

MISSOURI STATE HOSPITAL, Farmington (Mo.) puts on a weekly broadcast of patient talent from its own studio, and has received great listener response. Patients delight in the fan mail they receive, and the hospital staff, who expected interest only from relatives, has been astonished at the popularity of the program.

A full-time employee is in charge, and patients rehearse daily for their thirty minutes on the air each Saturday. When they found they had insufficient musical instruments, they appealed to the listeners and received many gifts of wind and string instruments, pianos, sheet music and related books.

In addition to patient-artists, various staff members give talks from time to time, affording an easy-to-take educational program in mental health to the public. A number of these talks have been reprinted in a small booklet called "This is Radio Therapy" printed entirely by patients in the printing shop of the Occupational Therapy Department.

The local station, KREI, gives its facilities, and the public is invited to visit the hospital studio during the broadcasts.

### TELEVISION SETS IN DORMITORIES

19-36

EACH DORMITORY at the Woodward State Hospital and School, Woodward, Iowa, is now equipped with a TV set, all but one of which have been donated. The patients seem happier and more contented, and enjoy their glimpses of the outside world.

### NEW CONSULTANT APPOINTED

Gale H. Walker, M.D., Superintendent of Polk State School, Polk, Pa., has been appointed by President Leo H. Bartemeier as Consultant to the Mental Hospital Service.

Dr. Walker is a leader in the field of mental deficiency, and his appointment reflects the growing participation of these schools in the M.H.S. program.

## LEGISLATION

### IDAHO TAKES ENERGETIC ACTION

2-13

IDAHO LEGISLATURE has taken several important steps with far-reaching effects upon mental health matters in the State. The principles of the Draft Act suggested by the Federal Security Agency were incorporated in a complete redraft of the State statutes.

The new code defines mental illness in medical terms and is broad enough to cover all forms of mental difficulties. Provisions were written into the law to cover every contingency—such as the reception and discharge of voluntary patients; admission with or without judicial order; the procedure for hospitalization where a patient is judged dangerous to himself or to others; provisions for temporary detention; hospitalization of mentally ill convicts; the right of patients or relatives to appeal against detention; the conditions under which mechanical restraints may be used; the disposition of money found on a mentally ill person; provision for the appointment of guardianship; separate proceedings for declaring the incompetency of a mentally ill person.

The provisions of the new act became effective on July 1st, on which date previous acts were repealed. On the same date, redrafted statutes governing hospitals became effective in accordance with the spirit of the Draft Act.

The legislature voted support for state hospitals for the next two years. State Hospital North was voted a total appropriation of \$736,550; State Hospital South, \$1,301,000 and Nampa State School, \$862,795. These appropriations represent increases for State North and Nampa, maintaining State South at about the same level, since the latter expects approximately another \$100,000 from increased patient maintenance and profit from farm produce.

Building fund appropriations were not neglected by this energetic group of lawmakers. State Hospital North was voted \$350,000 to raze and rebuild the south wing of their administration building, while an appropriation of \$167,000 enables State Hospital South to build a hot house, a laundry and purchase or build three physicians' residences. Nampa State School, with \$200,000 will erect a school and training building and enlarge its dining room.

## PERSONNEL

### STAFF HOUSE AT LINCOLN STATE SCHOOL

9-30

A NEW STAFF HOUSE, opened on April 1 of this year at Lincoln State School and Colony, Lincoln (Ill.) offers a new solution to the problem of on-the-grounds personnel.

The half-million dollar brick structure contains 24 apartments—eighteen of two rooms each and six of three rooms. Large units have kitchenettes. Doors are so arranged that each type can be converted into four-room units—an ingenious solution to the old, old problem of married quarters. The building also has a recreation room, dining room, kitchen and store room. Equipment and furnishings cost \$50,000.

## Information Needed for a Proposed Geriatric Unit

AN ENQUIRY has been received from a private hospital in Arizona for details, plans and costs for a geriatric psychiatric institution.

We are informed about new geriatric units at Central State Hospital, Nashville, Tenn., St. Peter's State Hospital, St. Peter, Minn., Lincoln State Hospital, Neb., and the Provincial Mental Hospital, Essondale, British Columbia.

Will others with new units of this nature kindly let us have information including cost per bed, general principles which they have found useful, and where possible, blueprints so that information can be distributed to the profession?

### HOSPITALS COLLABORATE IN PERSONALITY TESTS

9-29

MANTENO STATE AND ELGIN STATE Hospitals (Ill.) are collaborating in a psychological research project aimed to develop a personality test specially designed to select attendants for state institutions.

The project is financed by the U. S. Public Health Service and directed by a member of the Department of Public Welfare. The work is being handled by psychologists at Elgin and Manteno.

Attendants of outstanding ability from each of the state's mental hospitals are being selected to fill out a questionnaire concerning their interests and aptitudes. The hospitals hope to arrive at a more accurate method of testing new applicants by collating such information.

The information supplied by the attendants will in no way affect the future of the individuals who cooperate.

### WOMEN ATTENDANTS USED SUCCESSFULLY BY VA

9-26

FACED WITH AN INCREASING SHORTAGE of acceptable male attendants for their psychiatric wards, VA hospitals for the past seven to nine months have been hiring women for the jobs. The plan has been so successful that women now make up 35% of the staff in a few hospitals.

Most hospitals have been rather selective about the wards where they place women, generally picking those that house the quieter, older, and infirm patients. A few institutions, however, are using women on their disturbed wards. Also, not many women are employed on night shifts when there are fewer personnel on duty.

In many cases the presence of women on the wards has had a noticeably good effect on the patients.

A few state hospitals are also experimenting with women employees on male wards.

### PSYCHIATRIC TECHNICIANS PUBLISH A MONTHLY

9-28

THE STATE HOSPITAL at Marlboro, N. J. has a new monthly publication, *The Argus*, produced by the psychiatric technicians of the hospital, under the editorship of the public relations officer of the Marlboro Psychiatric Technicians Association.

## PUBLIC RELATIONS

### VISITING DAY AT SASKATCHEWAN HOSPITALS

4-38

HIGHLIGHTS of many educational activities conducted during Mental Health Week at Saskatchewan were visiting days at Weyburn and North Battleford. Days and hours were advertised at public meetings and by telephone calls.

Many organizations as well as individuals took advantage of the invitations. Special showings of mental health films were arranged, and discussion periods to answer the many questions put by the visitors.

### RELATIVES' BOOKLET AVAILABLE

4-39

MOUNT AIRY SANITARIUM, 1205 Clermont Street, Denver, Colo., has recently published a booklet which is given to relatives when a patient is admitted to the Sanitarium. The superintendent has made copies of the booklet "A Word to Relatives" available to member hospitals. Please write directly to the Sanitarium.

## OCCUPATIONAL THERAPY

### PERSONALIZED CHRISTMAS CARDS

23-2

ONE OF LAST YEAR'S Christmas projects at the VA Hospital, Medical Lake, Wash., was making personalized Christmas cards with small photographs of the patients.

About 50 patients, whose relatives had not visited for some time were selected by the social service department for the project. Most of them were markedly regressed, had been hospitalized for over five years on the continuous treatment wards and rarely wrote letters.

The nursing service explained the idea to the patients; only one refused to take part. The pictures were taken, developed and printed by patients in Manual Arts Therapy. Later they were superimposed on greeting card designs made by patients in Occupational Therapy and chosen by the photographed patients. Volunteers addressed and stamped the envelopes.

### OT TRAINING PROGRAM AT TRENTON

23-3

OCCUPATIONAL THERAPY STUDENTS at the Trenton (N. J.) State Hospital are assigned to various occupational therapy clinics for practical experience under the supervision of graduate workers. At the end of four months' clinical experience, they are ready to assume responsibility for planning and directing a program of treatment in this field for mentally ill patients.

More and more schools of occupational therapy are requesting affiliation for their students at this hospital. The program was started in 1940 and since that time 216 students have received psychiatric training here. Training includes lectures on psychiatry and allied fields, clinics and case presentations, and a course of lectures upon the use of occupational therapy for treatment purposes.

The affiliate program supplements the hospital's own program and provides trained personnel for staff positions.

## Psychiatric Technician Training in New Jersey

BY HAROLD S. MAGEE, M.D.  
SUPERINTENDENT  
NEW JERSEY STATE HOSPITAL,  
TRENTON, N. J.

Our Editorial this month takes the form of an article by one of our Regional Representatives on the psychiatric technician training program in his state.

While New Jersey is only one of the States which has developed progressive programs in this field, we feel that Dr. Magee's informative piece is particularly apt this month when our members are looking forward to the discussion program on aide training scheduled at our Third Institute at Louisville, Ky., on Monday, October 15th.

On this date a report will be presented on the Psychiatric Aide Training Workshop to be held at Peoria, Ill., just prior to our own conference. This Workshop is held under the auspices of the National Association on Mental Health and the American Psychiatric Association. Dr. Walter Baer is

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Readers are urged to contribute details of ideas successfully developed in their own hospitals for inclusion.

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**M.H.S. Regional Representatives:** Selected to represent different types of mental hospitals, institutions, and governmental services in all States and Canadian provinces. List available on request.

host at Peoria State Hospital and Dr. Jules Neilson the official representative of A.P.A.

Dr. Magee wishes to acknowledge the use of material supplied by the Department of Institutions and Agencies of the State of New Jersey in the preparation of this article.

Early in 1947, Commissioner Sanford Bates of the Department of Institutions and Agencies for the State of New Jersey, recognized that attention must be directed toward recruitment and training of qualified, competent individuals to staff the wards of New Jersey's mental hospitals to assist in the type of treatment program which means recovery in the shortest period of time. It was realized that although New Jersey could turn to professional schools and training centers for its psychiatrists, nurses, clinical psychologists, psychiatric social workers, occupational therapists and other recognized professional members of the psychiatric team, it could look nowhere for a supply of men and women who must constitute one of the most important members of the team—the person who spends so much time with the patients, who sets the tone on the ward where the patient lives and who, through his personality and approach to his job, can develop a happy, peaceful atmosphere with patients kept busy at beneficial activities.

To create this important job with a new future, the Department of Institutions and Activities devoted thorough and intensive planning and received the cooperative hard work of many individuals and organizations in developing a program for training the individual—the Psychiatric Technician. The program was designed to provide the highest type of care for mental patients in New Jersey's State Mental Hospitals.

A new level of positions was created, between the attendant group and the professional nursing staff since the program was not intended to be a program for training Institutional Attendants; therefore, this new employee could not be classified as an Institutional Attendant.

The first group of Technician Trainees began training on April 1, 1947, and was graduated in April 1948. Other groups have graduated twice yearly, successive classes starting their training on October first and April first each year thereafter.

The Technician is taught the fundamental skills of nursing care and is given an insight into the changing behavior patterns of mental patients.

For the intensive year of his training, the Technician Trainee is a student, not a worker, although he is paid by the State during this period. As a student, he participates in three hundred hours of formal classroom instruction by trained persons and in a diversity of subjects to acquaint him with the essential aspects of mental health. In addition to this theoretical instruction and additional hours of supervised study, the Psychiatric Technician Trainee receives clinical instruction wherein the hospital psychiatrists and others demonstrate approved methods and techniques and the Trainee in return gives demonstrations under the watchful eye of competent instructors. The total program of classroom study, clinical teaching, and supervised study and ward experience is encompassed within an eight hour day.

The program of instruction and training is carried out simultaneously in the three State Mental Hospitals and the Village for

Epileptics at Skillman, and in order that it may be uniform throughout these four training centers it is blocked out and the activities of the instructors and lecturers are coordinated from the Central Department. Thus the student, whether he be at one of the State Hospitals or at the Village for Epileptics, is assured that his training will prepare him to successfully pass the Civil Service examination which will guarantee him status as a qualified Psychiatric Technician, with all the benefits which accrue to permanent Civil Service employees.

Upon completion of training, and having successfully passed his examination, he then is qualified to take his place on the psychiatric team along with the doctor, the graduate nurse, the psychiatric social worker and other trained personnel who share responsibility for the care, treatment and supervision of patients.

Such a training program not only improves care and treatment of the mentally ill, but also enlists better and more permanent employees with a promise of a career and a respectable atmosphere about such employment.

This training program has demonstrated that it meets in a constructive way some of the personnel problems which have disturbed all who have been concerned with recruiting and retaining competent personnel in mental hospitals. The approach is to create a position of professional standing with hours, working conditions, training and remuneration such as to enlist and sustain interest in career service. This type of training program presents an opportunity to meet the growing demand for competent, stable, trained ward personnel in the institutions for the mentally ill.

This program has created national interest and has been reviewed by several states interested in embarking upon a similar project. The National Association for Mental Health has recognized the program as a solution to the need for staffing wards with humane, intelligent and well-trained persons. There is growing concern among states and other agencies over the problem of the care and treatment of the mentally ill and the State of New Jersey feels that this is a contribution in developing a program to assist in meeting this basic and vital need.

Many methods have been used to publicize the program and to interest people in taking the course. Among the more successful are radio spot announcements, newspaper articles, bus car cards, Civil Service announcements, publicity at the institutions and use of the facilities of the New Jersey State Employment Service.

Anyone who is in good health, under 45 years of age, and is a high school graduate or able to pass a high school equivalency test, may apply for entrance to the Psychiatric Technician Training program. Attendants already employed are eligible, providing they can meet the basic requirements. A selection committee receives the applications, examines the candidates and selects the Trainees.

The Salary range in New Jersey for ward attendants is \$1920 to \$2520 per annum and for Psychiatric Technicians \$2520 to \$3120. During the one year on the job training period the Trainee receives the same remuneration as an institutional at-

(Continued on Page 4)



## COMMENTARY

## Books Pamphlets Reports Periodicals

(Commentary's chief purpose is to call the attention of MHS subscribers to articles, reports, pamphlets, books, or other documents that have been published elsewhere and are of particular interest to mental hospitals. When MHS has copies or reprints on hand for distribution or loan, this fact is noted in the column. For copies of other material, please write directly to the publisher.)

The Conference Proceedings of the National Rehabilitation Association's October 1950 meeting contain a symposium on aspects of rehabilitation of mentally and emotionally ill patients.

Duncan Whitehead, M.D., of Brooklyn State Hospital, deals with such problems within the hospital; Thomas A. C. Rennie, M.D., of Cornell Medical School, and Mary F. Bozeman, of the National Association for Mental Health in New York, deal with the problems in the community; vocational adjustment and psychiatric consultation in relation to vocations are discussed by John A. O. Millet, M.D., of the American Rehabilitation Committee; L. A. Reese, Psychiatric Social Work Supervisor at Lansing, Mich., writes on social work for vocational and community adjustment. Vocational evaluation and services required for job adjustment are the themes of Leonard W. Rockower's presentation; Mr. Rockower is the supervisor of Psychiatric Service, New York State Division of Vocational Rehabilitation, N.Y.C. Finally, Alan Stoller, M.D., of the Mental Health Section of the World Health Organization, presents the integration of rehabilitation services. A full bibliography is attached at the end of the symposium.

For new employees coming into a mental hospital on the administration side, with little or no experience or knowledge of mental health, a short outline, including historical notes, called "What Is Mental Hygiene?" gives information and orientation the easy way. Written by Calvin L. Baker, M.D., Commissioner of Mental Hygiene for Ohio, and appearing in the August issue of "Public Welfare in Ohio Today," the article is short, easy to read and almost required reading for interested laymen. The head of the volunteer service might appreciate it as well. It answers many of the questions she is bound to encounter.

The Department of Mental Hygiene in Albany, N. Y., has put out a colorful booklet for all food service employees of New York State mental institutions entitled "War—In the Kitchen." Food infection is a problem that arises in all kinds of institutions, says the bright yellow booklet in scarlet type—but it can be prevented. Simple rules in simple words make this an interesting and informative booklet of value in any institution kitchen—and such brightly printed material is very hard to mislay!

Two hundred cases of transorbital lobotomy in chronically disturbed patients, including the criminally psychotic, are summarized in the New Jersey "Welfare Reporter" of July, 1951. The work was carried out at New Jersey State Hospital, at Greystone Park, N. J. A paper was presented by Drs. A. R. Pittman, R. E. Bennett, and R. S. Garber of this hospital, and Dr. W. W. Wilson, Consultant, of Philadelphia, before the Section on Surgery at Atlantic City in May.

The summary, prepared by Dr. Archie Crandell, says it was not the purpose of the study to compare the transorbital procedure with the pre-frontal technique. However, it does state that the transorbital procedure was simpler and showed better results, and that pre-frontal lobotomies were therefore discontinued.

Administrative relationships in hospitals discussed at the seminar for hospital psychiatrists at the VA Hospital, Topeka, Kansas, is given full presentation in the July issue of the *Information Bulletin, Psychiatry and Neurology Division*, put out by the Veterans' Administration in Washington.

Speeches, reproduced in full, include "What a Hospital Manager expects of a Chief of Services," by J. F. Casey, M.D., Manager, VA Hospital, Topeka, Kansas; "What a Chief of Professional Services expects of a Chief of Service" by Stewart T. Ginsberg, M.D., Chief, Professional Services, VA Hospital, Marion, Ind.; "What a Chief of Service expects of Management" by Norman C. Mace, M.D., Chief, Acute Intensive Treatment Service, VA Hospital, Tomah, Wisc., and another paper on the same subject by Werner Simon, M.D., Chief of Neuropsychiatric Service, VA Hospital, Minneapolis, Minn.

In the same issue of the publication W. E. Perkins, Assistant Engineer Officer at the VA Hospital, Bedford, Mass., writes upon "Color as a Factor in Hospital Decoration." He points out that serviceability is not the only standard for the hospital engineer to consider, nor does the function of paint end with merely protecting the walls. The engineer must remember that he also has a part to play in the emotional contentment of the patients.

He goes on to describe the experiments he has made during the past two years in the hospital at Bedford, in redecorating wards, offices and lobbies. He made an unofficial survey of color reaction and found to his pleasure that nearly every patient he talked with had noticed the new colors favorably. "You would not think it was a hospital now," he quotes one patient as saying. "It is just like a hotel; we have a green room, a yellow room, blue room and a pink room; nice draperies and pictures on the walls. I have not felt so happy in a long time as I do now."

The September issue of *Institutions Magazine*, in an overall piece on personnel, has an interesting and well-illustrated feature on time-study in the kitchen. Parallel photographs illustrate such operations as placing butter chips on a tray and preparing rolls for baking, showed saved motion and therefore saved time in the scientific operation. Description and pictures were contributed by the Department of Institutional Management of Kansas State University.

A simple but effective accident and contamination measure which has been in use at Presbyterian Hospital, N. Y., for some years is described in the August issue of *Hospitals*. Paper cups for the dispensing of both dry and liquid medications can be discarded at once, and the time spent in washing and sterilizing medicine classes is saved. Injury to personnel through breakage has been eliminated. The idea has proved especially valuable for disturbed patients who are allowed nothing breakable unless a nurse is present. Medicine "glasses" can be calibrated for greater convenience.

### PSYCHIATRIC TRAINING (Continued from Page 3)

tendant, viz: \$160 per month. In order to attract the type of person deemed necessary to the success of the program, the Trainee had to be compensated and a reasonable salary offered upon completion of the course.

This program offers to young persons, who do not have an opportunity to attend or to complete college, specialized training which can lead to a career which includes reasonable salary, security, opportunity for promotion and work which can be individually satisfying.

It is not necessary to be an attendant before becoming a Technician Trainee, although more and more attendants are applying for acceptance in the course. Reliable, stable, and qualified attendants are encouraged to do so.

It is not contemplated that all attendants will eventually be displaced by Psychiatric Technicians. At present most attendants really have two distinct jobs—housekeeping duties and responsible patient care. The Technician is trained in the fundamental nursing skills and is given a basic knowledge of mental illness and hygiene and how to develop activities for the different types of patients. His success depends on his training and his attitude. He is making a definite contribution to the therapeutic program of the hospital and is bringing vitality to many aspects of the care and treatment program which for years has been lacking because of many factors including personnel turn-over and shortages.